

New SEAhut opens in Seabreeze Village



Garry Knowlton, Deputy Programs Director and Contracts Manager for DG21 and a retired Seabee CWO4 (above, fourth from the right), praises the crew of Naval Mobile Construction Battalion (NMCB) ONE June 8 for the completion and opening of their first completed SEAhut, valued at nearly \$100,000. Construction on the building, which will house 20 contract workers and includes kitchen and laundry facilities, began in mid-February and finished a few weeks past the planned completion date due to several unforeseen problems. However, doing what Seabees do best, they tackled each problem with creativity and a 'can do' attitude. NMCB One

received superior inspection results on this project, living up their motto "The First and The Finest". "BUCN Sean Gatchell, stepped up to fill the role of crew leader, usually held by a second class petty officer, and was crucial to keeping the crew motivated," said Lt. j.g. Dan Oliver, OIC of the Seabee Det. "This group of Seabees will leave here in September with invaluable experience in construction, leadership, problem solving and most importantly teamwork."

Fleet and Family Support Center: new name, same great service

By Michael McLellan
NAVPERSCOM Public Affairs

MILLINGTON, Tenn. (NWS) – The name of the Navy's Family Service Center (FSC) was recently changed to Fleet and Family Support Center (FFSC) to emphasize and reinforce the message that FFSCs provide services equally to all Sailors.

The mission of the FFSCs is to help commands achieve operational readiness, superior performance, improve retention rates and also enhance quality of life for service members and their families.

To help provide commanding officers with the flexibility to be more responsive to command and community needs, the Secretary of the Navy directed a comprehensive study of Quality of Life programs in 1995 throughout the Navy and Marine Corps. This study resulted in a modernization strategy that is the basis of the reorganization of former FSC core programs into four new readiness support capabilities. These areas are: operational support, mobility support, counseling and advocacy support, and management and technology support.

There are a wide variety of programs within the operational support function that help service and family members cope with the physical and emotional rigors of deployment. They include deployment support, Return and Reunion Programs, ombudsman support, crisis response services, Life Skills education, outreach services, sexual assault and rape prevention and response services, and information and referral services.

Mobility support programs help to facilitate relocations, transitions to civilian life, career decision-making, job seeking, and adjustments to life in the military. Some of these functions are Relocation Assistance, Transition Assistance, Employment Assistance, Personal Financial Management and Exceptional Family Member Support.

Counseling and advocacy support is directed toward victim intervention and related prevention education. Some of their functions include clinical counseling, victim advocacy, family advocacy and new parent support.

The Management and Technology Support segment is the "nuts and bolts" of the FFSC. Some of the key functions are management and administrative support, and contract and information management. This segment also supports distance learning services, multi-media technology support, marketing, partnering with community programs and volunteer/retiree coordination.

For more information, please see NAVADMIN 014/01, available on the BUPERS web site in the messages section at <http://www.bupers.navy.mil>, or contact Lt. j.g. Derek Eisenbrie (PERS-660P) at (901) 874-4327/DSN 882.

Health Corner

Combat depression before it's too late

Submitted by NSF Health Services Dept.

The blues and the blahs – everybody gets them at times. In fact, no problem is more common than depression. It can range from a feeling of no energy to an overwhelming sense of unhappiness and defeat.

Depression may appear to be simple fatigue or a general feeling of ill health. You may not feel good and just don't know why. The future may seem to hold no promise.

It is natural to have depression after a loss (such as a death of a friend or relative), family separation or a significant disappointment at home or work. However, if the disruption is so great that it disrupts your life or family for a substantial period of time, talking to a chaplain or medical officer can help.

Here are some questions that doctors think are important to determine whether you are depressed and to what degree.

Do you have a poor appetite?

Do you have problems getting to sleep or do you sleep too much?

Do you have low energy or fatigue?

In general, do you feel bad about yourself?

Do you have trouble concentrating or making decisions?

Do you feel hopeless?

Do you think unhappiness is the rule in your life?

Are you sad most of the day?

Do you often cry even though you aren't sure why?

Do you no longer get pleasure from the things you like to do?

If you answered yes to any of these questions and if any of these symptoms are interfering with your family, work, or social life, depression is creating real problems for you.

The most important thing for you to do is seek help from the Health Service Department (HSD) or from the Chaplain.

If the depression is so severe that you have considered or are considering suicide, call (HSD) immediately and get help

Activity, both mental and physical, has long been recognized as the natural antidote for depression. Regular exercise is very effective for mild depression. Stay involved with others and let them support you.

Also be aware of the medicine you are taking. Some medications may actually cause depression, such as tranquilizers, high blood-pressure medicines, steroids and codeine.

Chaplain's Corner

Do we need justice – or just forgiveness?

By Lt. Cmdr. Ted Crandall, CHC

Religious Ministries

“Forgive them, Father, for they don't know what they are doing...”

This is probably the best-known example of pure forgiveness ever. While the suffering was still being imposed, Jesus was praying that God forgive His tormentors for crucifying Him.

We usually wait until after our “enemies” stop inflicting pain on us before we consider forgiving them. In fact, we almost always insist they apologize and convince us that they are sincerely sorry before we begin to forgive. Quite often we want them to pay for what they've done to us, and even after that, forgiveness isn't our greatest concern. We want justice!

But if we're totally honest with ourselves, we tend to want justice only when others are in the wrong, and we want forgiveness only when we (or the ones we love) are in the wrong. Here are some outrageous examples of people insisting on forgiveness for themselves and justice for others:

A woman burns her thighs on the hot coffee she was holding in her lap while driving, so she blames the restaurant.

A teen-ager kills himself, so the parents blame rock 'n' roll.

A man smokes three packs a day for 40 years and dies of lung cancer, so his family blames the tobacco company.
A daughter gets pregnant by the football captain, so the mother blames the school for poor sex education.
A drunk driver crashes into a tree, so his family blames the bartender.
A drug user gets AIDS because the needle he used to shoot up heroin was dirty, so his family blames the government for not providing clean ones.
A deranged madman shoots your friend, so you blame the gun manufacturer.
A crazed person breaks into the cockpit and tries to kill the pilots at 35,000 feet, and the passengers kill him instead, so the mother of the deceased blames the airline.
We probably have not been as outrageous as these examples, but which of us has never been guilty and in need of forgiveness ourselves, yet we pointed at others? Which of us could really stand up to justice, if all of our own mistakes were fully revealed?
Or, as Jesus put it, "Let he who is without sin cast the first stone."

The Legal Pad

Results of recent Captain's Mast cases

Submitted by LNC(SW) Terri Webb
NSF Legal Office

A joint Captain's Mast was held on June 4 with the following results:
An E-4 was found guilty of the following violations of the UCMJ: Article 91 – willful disobedience of a senior petty officer by failing to leave an area when directed, failure to stop walking when told to do so, and failure to surrender military ID card; Article 91 – disrespectful language; and Article 134 – disorderly conduct, drunkenness.
A second E-4 was found guilty of the following violations of the UCMJ: Article 91 – willful disobedience of a senior petty officer by failing to leave an area when directed and failure to stop walking when told to do so; Article 91 – disrespectful language; Article 92 – dereliction of duty by not possessing a military ID card; and Article 134 – disorderly conduct, drunkenness.
The following punishment was awarded to both Sailors: forfeiture of one-half month's pay for two months (forfeiture of one month's pay will be suspended for four months); reduction in paygrade to E-3 (suspended for four months); and restriction for seven days.
An E-2 appeared at Captain's Mast on June 5 and was found guilty of the following violations of the UCMJ: Article 90 – willful disobedience of a superior commissioned officer; Article 92 – violation of a lawful general regulation (OPNAV policy on fraternization); and Article 107 – false official statement.
The following punishment was awarded: a punitive letter of reprimand and 45 days extra duties.

InciDentals

What is that grinding noise in the night?

By Lt. Jeffrey Miles
Senior Dental Officer

An estimated one in 20 adults and three in 20 children unconsciously grind their teeth at night. It's the sound of bruxism. While the noise may disturb spouses or children, it has a far more distressing effect on the sleeper.
Bruxism is the technical term for grinding and clenching that abrades teeth and may cause facial pain. People who grind and clench, called "bruxers", unintentionally bite down too hard at inappropriate times, such as in their sleep. In addition to grinding teeth, bruxers also may bite their fingernails, pencils and chew the inside of their cheek.
Nocturnal grinding can exert thousands of pounds of pressure per square inch on the surfaces of teeth. People, who have otherwise healthy teeth and gums, can clench so often and so hard that over time their teeth become sensitive.
They can experience jaw pain, tense muscles, and headaches along with excessive wear on their teeth. Forceful biting when not eating may cause the jaw to move out of proper balance.

When a person has bruxism, the tips of the teeth look flat. The teeth are worn down so much that the enamel is rubbed off, exposing the inside of the tooth, called dentin. When exposed, dentin may become sensitive.

Bruxers may also experience pain in their temporomandibular joint, which may manifest itself initially as a “popping and clicking” noise. Women have a higher prevalence of bruxism possibly because they are more likely to experience tissue alterations in the jaw as a result of clenching and grinding.

Stress and certain personality types are implicated in the habit of bruxism. For as long as humankind has existed, bruxism has affected people with nervous tension. Anger, pain and frustration can trigger bruxism. People who are aggressive, competitive and hurried may also be at a greater risk for bruxism.

In addition, many dental authorities today believe that the cause may exist in the patient’s mouth. Night grinding may be an unconscious effort to correct irregularities of the chewing surfaces of the teeth. Dentists call this a malocclusion. People suffering from bruxism grind away to eliminate a spot that is too high or to find a comfortable place to fit the upper and lower teeth together.

During regular dental visits, the dentist automatically checks for physical signs of bruxism. If the dentist or patient notices signs of bruxism, the condition may be observed over several visits to be sure of the problem before recommending and starting therapy.

In addition to stress management, the dentist may fabricate a plastic mouth appliance for moderate to severe bruxers who have symptoms. Such an appliance is referred to as a “night guard” and is worn to absorb the force of biting. This appliance can prevent future damage to the teeth and helps change the patient’s destructive behavior. Researchers are continuously looking for other ways of treating bruxism, especially for those who tend to clench in their sleep.

If you have symptoms or questions regarding bruxism, please contact dental at 370-4213.

Beat the clock – prepare for retirement with this top 10 list

Courtesy of Military.com

It’s never too early to begin preparing for retirement. Social Security pays the average retiree less than half of pre-retirement earnings. How will you make up the rest? The sooner you begin planning, the better off you’ll be. Here are the top 10 ways to prepare for your retirement.

1. Know your retirement needs – Retirement is expensive. Experts estimate that you’ll need about 70% of your pre-retirement income – lower earners, 90 percent or more – to maintain your standard of living when you stop working.

2. Find out about your Social Security benefits – Social Security pays the average retiree about 40 percent of pre-retirement earnings. Call the Social Security Administration at (800) 772-1213, or visit their website for a free Personal Earnings and Benefit Estimate Statement (PEBES).

3. Learn about your pension plan(s) – For information on military pensions, see the Military Retirement section of www.Military.com. If you have worked in the private sector, and your employer offers a plan, check to see what your benefit is worth. Most employers will provide an individual benefit statement if you request one. Before you change jobs, find out what will happen to your pension. Learn what benefits you may have from previous employment. Find out if you will be entitled to benefits from your spouse’s plan. For a free booklet on private pensions, call the U.S. Department of Labor at (800) 998-7542.

4. Contribute to a tax-sheltered savings plan – If your employer offers a tax sheltered savings plan, such as a 401(k), sign up and contribute all you can. Your taxes will be lower, your company may kick in more, and automatic deductions make it easy. Over time, deferral of taxes and compounding of interest make a big difference in the amount of money you will accumulate.

5. Ask your employer to start a plan – If your employer doesn’t offer a retirement plan, suggest that he/she start one. Certain employers can set up simplified plans. For information on simplified employee pensions, download Internal Revenue Service Publication 590, or order it by calling (800) 829-3676.

6. Put money into an Individual Retirement Account – You can put \$2,000 a year into an Individual Retirement Account (IRA) and delay paying taxes on investment earnings until retirement age. If you don’t have a retirement plan (or are in a plan and earn less than a certain amount), you can also take a tax deduction for your IRA contributions. IRS Publication 590 contains information about IRAs.

7. Don’t touch your savings – Don’t dip into your retirement savings. You’ll lose principal and interest, and you may lose tax benefits. If you change jobs, roll over your savings directly into an IRA or your new employer’s retirement plan.

8. Start now, set goals, and stick to them– Start early. The sooner you start saving, the more time your money has to grow. Put time on your side. Make retirement saving a high priority. Devise a plan, stick to it and set goals for yourself. Remember, it's never too late to start. Start saving now, whatever your age.

9. Consider basic investment principles – How you save can be as important as how much you save. Inflation and the type of investments you make play important roles in how much you'll have saved at retirement. Know how your pension or savings plan is invested. Financial security and knowledge go hand in hand.

10. Ask questions – These tips should point you in the right direction, but you'll need more information. Talk to your command career counselor, your bank, your union, or a financial advisor. Ask questions and make sure the answers make sense to you. Get practical advice and act now.

Software problem affects some service members' pay

Special To American Forces Press Service

WASHINGTON (NWS) – Some Sailors, soldiers and airmen will find less money in their paychecks for a while, thanks to a software glitch that overpaid them since January, Defense Finance and Accounting Service officials said.

The officials noted the error under-withheld the Social Security contributions of some 5,600 active duty soldiers, 9,000 Sailors and 1,000 airmen. The error has been fixed, but the affected members owe the government money.

About 8,100 of the service members owe less than \$120 and should have seen the debt deducted from their end-of-month pay for May, officials said. They noted that members who owe more than \$120 will see partial deductions in their mid-June, July and August paychecks.

The DFAS officials said about 150 service members overpaid Social Security because of the software error and should have received refunds in their end-of-month pay for May.

DFAS has been working with the services' military pay offices to alert affected service members, officials said. Paymasters are working with troops on a case-by-case basis to minimize financial hardships, they added.

Social Security contributions appear on a service member's leave and earnings statement as FICA (Federal Insurance Contribution Act) Taxes.

For more information, Navy members can contact their local disbursing office, and Army and Air Force members their local finance office.

Secretary England's message to the fleet

WASHINGTON (NWS) – The following is the text of a message from the new Secretary of the Navy:

Greetings. On May 24, I was sworn in as your 72nd secretary of the Navy and am pleased to be embarking with you on an exciting voyage!

Our Navy and Marine Corps team has established a stellar record of mission accomplishment both in combat and peacetime operations. We have no equal in the entire world and you are unmatched in your profession. I am very proud to join this fine team.

I can say, along with Chief of Naval Operations Adm. Clark, and Commandant of the Marine Corps Gen. Jones, that we are going to get even better as we transform America's armed forces for the 21st Century.

As usual, our nation and the world look to us for leadership. The opportunities are vast, the responsibilities great, the expectations high. You have my solemn pledge that I will do everything in my power to keep our Navy and Marine Corps the best in the world.

The President and Secretary of Defense have indicated this is a time of change. I ask that each of you join me and them, bringing your talents, innovative thoughts and experience to bear, in transforming the way we do business in order to meet our commitments, now and in the future.

I know that the Navy and Marine Corps team has a strong sense of our core values of honor, courage and commitment. In that vein we should at all times conduct our business in a forthright, open, honest and direct manner both with each other and the public.

In my testimony to Congress I listed four areas of emphasis: combat capability; people; advanced technology; and business practices. Of these four, the men and women in the fleet and those who support their combat capability are the most important elements of our team.

The primary purpose of the Navy and Marine Corps is to deter, train for, and when necessary, fight and win our nation's battles. Combat capability, which includes readiness, must be our primary emphasis.

A ship pier-side has no asset value to this nation without a well-trained and highly motivated crew. We need to continue to invest in the human capital that makes our Navy and Marine Corps the world's finest.

I support the CNO and Commandant's efforts in emphasizing quality of service by focusing on a higher quality workplace as well as a higher quality of life for our people.

I am committed to this effort and will work to accelerate the results that can benefit the entire team: those on active duty, the reserves, our dedicated civilians, those who are retired and those whom we seek to recruit as well as our families.

Everyone in the Department of the Navy needs to recognize that while some positions carry a greater burden, all of our people are important to our mission. At the end of the day, our Sailors, Marines and civilian personnel should know that their work is important to building and maintaining the Navy and Marine Corps' combat capability.

Our organization must support an environment in which each person can professionally excel and contribute to the mission.

To help achieve the most effective combat capability and readiness, we will need to apply new forms of advanced technology. This has been central to our nation's military for generations.

Advanced technology in its many forms has proven itself time and again as a way to save lives and win wars: it is an asset that our nation needs.

I am committed to the application of technology in the military in a manner and rate similar to the commercial market.

We will simplify the acquisition system, streamline the bureaucratic decision-making processes, promote innovation throughout the Department of the Navy and engage the full spectrum of American businesses and universities to get you the modern tools to do your mission successfully.

Finally, we will strive to improve the internal "business" practices within the department.

While the Navy and Marine Corps serve a national purpose and provide a public service well beyond the commercial objective of profit, many business practices are still applicable. By improving these processes, we should be able to shift more dollars into combat capability and quality of service.

It is a distinct honor to serve with you. Together we can meet the challenges ahead and leave a record for the generations of Sailors and Marines that follow.

We can be proud of serving to protect freedom and American ideals in this century and beyond. We are "one team" and we will commit ourselves to "one fight".

I look forward to the opportunity to work with you as your Secretary. Semper Fi and sail safe.

GSM rating needs you; reaching critical levels

Compiled from Naval message traffic

Highly motivated non-designated firemen are currently being sought to strike for the Gas Turbine Systems Technician (Mechanical) – or GSM – rating. The GSM rating offers Sailors an excellent opportunity to acquire high-tech skills in the gas turbine engine field that are not only in great demand in the Navy, but skills that offer significant opportunities for a second, post-Navy career in the private sector.

GSM sea duty manning in the fleets has reached critically low levels. Current manning is 79 percent in the Atlantic Fleet and 85 percent in the Pacific Fleet. The apprentice level E-4 and below manning is even lower at 75 percent and 73 percent respectively.

In addition to stepped up recruiting efforts and increased SRB award levels, the GSM rating has been opened on the career reenlistment objectives (CREO) listing to permit advancement examination participation directly from the fleet (A-school not required). Zone "A" SRBs have been increased and advancement opportunity to paygrade E-4 is currently at 100 percent (basically, pass the exam and you advance).

Conversions into the GSM rating are also encouraged. Authority to convert to GSM was recently changed from E-4 and below to E-5 and below. While conversions are specifically desired from the Machinist's Mate and Engineman ratings, Sailors from other ratings who meet the GSM ASVAB requirements will be considered on a case-by-case basis. Zone "B" SRB is 2.0.

For more information about converting to the GSM rating, see your Command Career Counselor.

CREDO retreat is the Navy's best-kept secret

By JO1(SW) Scott Sutherland
Naval Station San Diego Public Affairs

SAN DIEGO (NWS) – All of us, at one time or another, have had to step away from the rat race and smell the roses. If you feel the rats are winning the race, maybe CREDO can help you come out smelling like a rose.

CREDO is the acronym for the Chaplains Religious Enrichment Development Operation, a Chief of Naval Operations-sponsored retreat program that helps improve job performance and enhances quality of life for active-duty service members and their families. CREDO was instituted in 1971 to combat the drug culture.

Naval Base San Diego is home to the first of 10 Navywide CREDO programs. CREDO chaplains and team members work with participants in retreat group settings to achieve positive results through supportive interaction. The 72-hour retreats are designed to improve relationships, resolve issues and develop personal and spiritual resources.

CREDO San Diego offers three retreats: personal growth, spiritual growth and marriage enrichment.

Personal growth retreats enable people to understand themselves better, while developing new perspectives in their relationships with God, their families, friends, shipmates, the service and the broader world. Before participating in a marriage enrichment or spiritual growth retreat, a personal growth retreat is recommended.

Spiritual growth retreats emphasize faith, focusing on renewing hope and developing new spiritual resources.

Marriage enrichment retreats help couples become closer by strengthening emotional, physical and spiritual parts of their marriage. It also shows couples ways to keep their marriage growing and to handle inevitable conflicts.

Commanders have found CREDO helpful for all service members, including marginal to good performers with unused potential. CREDO team members' goals are to help participants grow toward increased functional ability, acceptance of responsibility and spiritual maturity.

According to Lt. Rene Porter-Stewart, the acting assistant director of CREDO, they also offer "team building" workshops, which are four-hour training sessions to assist a command, department, division or work center to "promote an inter-dependent and cooperative spirit."

RP1(FMF) Joe Compton, a CREDO San Diego team member, encourages all commands to consider using CREDO as an incentive for service members and their families. He said they could benefit from "an empowering experience."

When Marine Lance Cpl. Alicia Rowinski attended a personal growth retreat near Julian, Calif., in February, she wanted to improve her social skills so she could communicate better. The native of Toledo, Ohio, assigned to the 1st Marine Division Chaplain's office at Camp Pendleton, said the retreat helped her open up more.

"The retreat helped me to be more trustworthy with people," she said. "It improved the way I relate to people at work." Rowinski added that it was a good experience, and she encourages everybody to try it.

After attending a CREDO retreat, you might understand why some people call CREDO the best-kept secret in the Navy.

Special events coming to The Brit Club

By Shawn Bullivant

As you may or may not be aware, The Brit Club has undergone some significant changes recently. We have implemented a new website – www.thebritclub.com – and many new ideas are being discussed for theme nights.

We have also recently been concerned about the lack of "atmosphere" at the club, so we have made it a concern to bring some back. The first special event will be "Horse Racing Night", Saturday, June 16. The first "race" begins at 2130, with Happy Hour being observed from 2100-2200. Don't know what "Horse Racing Night" means? Stop by and check it out for yourself!

Additionally, there will be a Miss Diego Garcia contest held June 30, with the first contestant taking the stage at 2030. For your chance to be "Miss Diego Garcia" please fill out an application form at any one of the following locations: The Brit Club; the CDF Galley; the Naval Media Center; and at BEQ 5, room 56C.

Contest details are on the club's website, where you can also leave suggestions and comments for The Brit Club staff.

If you haven't checked out our website, why not do so now? You can check out the latest photos from the dance floor and around the club, meet the staff, and in the near future will allow you to purchase traditional "Brit" souvenirs, including Union Jack mugs, t-shirts, pens, hats, towels and more!

Thanks for your support and we hope to see you out there!

Island Beat

The following are the scheduled events for June 11-24 as announced by MWR. Events are subject to rescheduling or cancellation, and times and dates may change after publication. Please contact MWR or the base gym for further details.

Monday, June 11

0600	Aerobics Class	Base Gym
1730	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1900	Aikido Class	Base Gym

Tuesday, June 12

0600	Aerobics Class	Base Gym
1100	Philippine Independence Day Celebration Featuring the Merchants of Groove and 7 Degrees South	Fleet Rec Area
1700	Yoga Class	M.O.T.
1730	Aerobics Class	Base Gym
1730	Tae Kwon Do/Self Defense Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1900	Comedy Night w/three comedians	Island Room

Wednesday, June 13

0600	Aerobics Class	Base Gym
1730	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1900	Aikido Class	Base Gym
1900	Merchants Of Groove	Expat Club

Thursday, June 14

0600	Aerobics Class	Base Gym
1730	Aerobics Class	Base Gym
1730	Tae Kwon Do/Self Defense Class	Base Gym
1800	Dart Tournament	HTSB
1800	Tennis Class	Tennis Court "A"
1900	Comedy Night w/three comedians	Island Room
1900	Merchants Of Groove	Expat Club

Friday, June 15

0600	Aerobics Class	Base Gym
1730	Sailing Class	Marina
1800	Tennis Class	Tennis Court "A"
1900	Aikido Class	Base Gym
1900	Merchants Of Groove	Chief's Club
1900	7 Degrees South	Yacht Club

Saturday, June 16

0800	Island-wide Flea Market	Island Room
0900	Sailing Class	Marina
0900	Snorkeling Class	Marina
1000	Yoga Class	M.O.T.
1730	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1900	Yacht Club Social/7 Degrees South	Yacht Club
2000	Merchants Of Groove	Island Room

Sunday, June 17

0800	Olympic Triathlon	Base Gym
0900	Sailing Class	Marina
1700	Yoga Class	M.O.T.
1730	Aerobics Class	Base Gym

1900	Merchants Of Groove	Island Room
------	---------------------	-------------

Monday, June 18

0600	Aerobics Class	Base Gym
1730	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1900	Aikido Class	Base Gym

Tuesday, June 19

0600	Aerobics Class	Base Gym
1700	Yoga Class	M.O.T.
1700	"Farewell to Capt. Patrick" Bike Ride	Beach House
1730	Aerobics Class	Base Gym
1730	Tae Kwon Do/Self Defense Class	Base Gym
1800	Tennis Class	Tennis Court "A"

Wednesday, June 20

0600	Aerobics Class	Base Gym
1630	DGYC Sailing Regatta	Marina
1730	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1900	Aikido Class	Base Gym
1900	Merchants Of Groove	Expat Club

Thursday, June 21

0600	Aerobics Class	Base Gym
1730	Aerobics Class	Base Gym
1730	Tae Kwon Do/Self Defense Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1900	Merchants Of Groove	Expat Club

Friday, June 22

0600	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1900	Aikido Class	Base Gym
1900	Merchants Of Groove	Island Room
1930	7 Degrees South	Yacht Club

Saturday, June 23

0900	Snorkeling Class	Marina
0900	MWR Golf Tournament	Golf Course
1000	Yoga Class	M.O.T.
1500	Flag Football Tournament	Fleet Rec Area
1730	Aerobics Class	Base Gym
1800	Tennis Class	Tennis Court "A"
1800	Spades Tournament	HTSB
1930	7 Degrees South	Yacht Club
2000	Merchants Of Groove	Island Room

Sunday, June 24

0900	MWR Golf Tournament	Golf Course
0900	Skeet Shooting Tournament	Skeet Range
1230	MWR Sailing Regatta	Marina
1500	Flag Football Tournament	Fleet Rec Area
1700	Yoga Class	M.O.T.
1730	Aerobics Class	Base Gym
1900	Merchants Of Groove	Island Room